Report of the 5th Iranian International Headache Congress
& 1st Headache and Pain Congress

The 5th Iranian International Headache Congress and the 1st Headache and Pain Congress was successfully convened by the Iranian Headache Association from Wednesday 11 Oct to Friday 13 Oct 2017.

The congress was supported by the Iranian Neurological Association under the auspices of the International Headache Society.

Participants in the congress included 330 physicians and researchers from all over Iran. Our distinguished invited speakers were Prof. Lars Edvinsson from Sweden and Prof. Jes Olesen from Denmark as IHS visiting professors, Prof. Rigmor Jensen from Denmark, Prof. Stefan Evers and Dr. Astrid Gendolla from Germany and Dr. Hossein Ansari from the USA.

This scientific meeting provided updated information on most primary and some secondary headache disorders through various lectures and workshops. During this international meeting, attendees also had an excellent opportunity to learn more about the diagnosis and management of different pain disorders.

An interesting characteristic of this congress was that the abstracts and 3 selected full texts of lectures were available online on our website from the first day of the congress. Also, hard copies of the abstracts were freely available to all participants upon registration.

Several scientific programs were held during the three days of the congress. The programs were divided into the following six categories:

1. **Main lectures**

   The following topics were covered by our international speakers:

   **Prof. J. Olesen**

   - Tension type headache
   - The new International Classification of Headache Disorders (ICHD-3) alpha version
Prof. L. Edvinsson

- Pathophysiology of migraine
- Calcitonin gene-related peptide (CGRP) in migraine

Prof. R. Jensen

- Medication overuse headache
- Cluster headache
- Idiopathic intracranial hypertension

Prof. S. Evers

- Treatment of migraine
- Miscellaneous idiopathic headache disorders (group 4 of the ICHD-3)

Dr. A. Gendolla

- Chronic migraine
- Female hormones and migraine

Dr. H. Ansari

- Eyes, nose and sinus headaches

Twenty-one Iranian speakers also presented lectures on a variety of headache and pain disorders. Among them we highlight the following topics:

Prof F. Imani

- Neuromodulation for occipital neuralgia

Dr. G. Chamani

- Temporomandibular disorders as a cause of headache

Dr. E. Mohammadianinejad

- Trigeminal autonomic cephalgias (TACs)
Dr. M.H. Paknejad

➢ Cervicogenic headache

Prof. Togha

➢ Refractory Headaches

Dr. L. Kouti

➢ Pharmacotherapy of migraine

Dr. Sh. Badv

➢ Migraine variants in children

Dr. H. Majedi

➢ Spinal cord stimulation

Dr. N. Majdinasab

➢ Approach to low back pain

In addition, a number of lectures on pain, neuro-stimulation techniques and various types of nerve blocks and pain injections were presented by Iranian pain specialists and neurologists. About 15 lectures on different headache topics were also delivered by young researchers during the congress.

2. Case Presentation

This discussion of five challenging cases in an interactive presentation moderated by Dr. A. Ghabeli was one of the popular segments of the congress.

3. Workshops

In this section, three workshops were offered. Nerve block techniques for headaches were taught in the first workshop and in the second and third workshops mainly younger neurologists were trained on techniques of Botulinum Toxin Injection for migraine and headache respectively. These workshops were expertly moderated by Dr. H. Ansari.
4. Panel

One panel discussion took place during the congress which explored neurological, rheumatological and psychological aspects of fibromyalgia.

5. Scientific Competition for Residents

Dr. A. Okhovat and Dr. F. Naderi conducted a competition with two levels in which 12 neurology residents from different medical universities of Iran participated. First, second and third place winners received valuable prizes.

6. Debate on Migraine surgery

This debate, moderated by Dr. D. Fathi, was another popular segment of the congress concerning a controversial discussion between Dr. H. Ansari and Prof. Evers on migraine surgery.

Early feedback from our international guests and participants was impressive and positive commending the well-organized congress and highly interactive lectures. The venue of the congress was also complemented as being accessible and easy to find. The conference hall, situated in one of the renowned hotels in Iran, was complemented for its excellence by interviewed participants.

This headache and pain congress was unquestionably able to play an important role in promoting the level of knowledge in the fields of headache and pain in Iran.

Indeed, the attendance of distinguished international headache specialists with the cooperation of the International Headache Society and communication between them and esteemed Iranian neurologists and active participants from all over Iran in response to the invitation of the Iranian Headache Association has paved the way to establish a good link between the Iranian Headache Association and the International Headache Society. Future collaboration will surely help the advancement of the headache field in Iran and even within our geographical region.

Figure
From left to right in the front: Dr. E. Mohammadianinejad, Dr. H. Ansari, Prof. M. Togha, Prof. R. Jensen, Prof. J. Olesen, Dr. A. Gendolla, Prof. L. Edvinsson

Dr. M.H. Paknejad, other Iranian colleagues and Prof. S. Evers in the back

Mansoureh Togha,

Professor of Neurology, Tehran University of Medical Sciences

President of the 5th Iranian International Headache & 1st Headache and Pain Congress